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ABSTRACT

Recent scientific research has proven that we can, not only manage our stress, we can even prevent it. Ways to achieve stress management are presented in this book. It details a method called FREEZE-FRAME, a process in which individuals mentally stop the chaos that surrounds them and then calmly contemplate their situation. The text opens with an overview of a typical stressful day and the damage that such stress can inflict on the heart, the immune system, and other parts of the body. It then introduces the purpose of FREEZE-FRAME and how it can tame emotions that are out of control. Steps of the process are outlined along with the scientific basis of the FREEZE-FRAME method. Included in this latter section are discussions of the heart's role and its physiology, electrocardiogram analysis, and other details. Some of the personal benefits and applications of the technique are described, including business benefits, mental benefits, emotional benefits, physical benefits, and sports benefits. A separate chapter on the social benefits of FREEZE-FRAME is also detailed. Finally, a discussion of pitfalls to avoid in using this method, along with a number of tips for its successful application, are presented. (RJM)

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